

# Raising resilient, healthy children and young people in Hume | Term 2 & 3 | 2024

Information sessions for parents and carers

FREE  
EVENTS



## Raising Resilient Teens

A session targeting parent and carers with children aged 12-17 years of age.

Increase your knowledge in:

- Responding to your child's fears, worries in a productive way
- Connect with and understand your child.
- Building your child's resilience and nurture a positive self-view
- Explore opportunities to build their self-confidence.

### 📍 Online

📅 Thursday 2 May

🕒 6pm – 7:30pm

Facilitator: ParentZone, Anglicare

## School Refusal (Primary school aged children)

This session targets parents/ carers of Primary school aged children

Increase your knowledge in:

- Understanding your child who may be anxious about going to school.
- Understanding what makes it tricky for them.
- Learning additional strategies about ways you can help.

### 📍 **Greenvale West** community Centre:

**7 Ventura Way, Greenvale 3059 (Community room 2)**

📅 Tuesday 7 May

🕒 10am – 12.00pm

Facilitator: ParentZone, Anglicare

## School Refusal (Secondary school aged children)

This session targets parents/ carers of Secondary School aged children.

The first 12 people to register will be offered a spot in the session.

**Register your Expression of Interest for the afternoon or online evening session.**

📍 **Homestead Community and Learning Centre: 30 Whitshire Drive, Roxburgh Park 3064**

📅 Tuesday 14 May

🕒 1pm – 2.30pm

(Face to Face)

🕒 6pm – 7.30pm (Online session)

Facilitator: ParentZone, Anglicare

# Raising resilient, healthy children and young people in Hume | Term 2 & 3 | 2024

Information sessions for parents and carers

FREE  
EVENTS



HUME CITY COUNCIL  
**Youth**  
services



## Supporting your Neurodivergent Child

This session targets parents/carers of children aged 10 and up.

Some topics that will be explored include:

- What is disability?
- What is neurodivergence?
- Affirming language

**Greenvale West Community Centre: 7 Ventura Way, Greenvale, 3059 (Training room)**

**Thursday 6 June**  
5:30pm – 7:00pm

Facilitator: YDAS



## Raising Resilient Kids

This session targets parents/carers of children aged 5 to 12 years old

- Get a clear understanding of resilience and coping with life's setbacks.
- Learn how to build and foster resilience in your child.
- Learn strategies to help your child bounce back from adversity.

**Greenvale West Community Centre: 7 Ventura Way, Greenvale, 3059 (Training room)**

**Thursday 25 July**  
10am – 12:00pm

Facilitator: ParentZone, Anglicare



## Managing anxiety in your child (2-10 years)

This session targets parents/carers of children aged 2 to 10 years old.

We understand managing anxiety in children requires patience, understanding, and consistent support.

By creating a safe and nurturing home environment, this enables a space where your child can openly express their emotional needs and learn how to regulate themselves.

**Online Webinar**

**Tuesday 6 August**  
10am – 12:00pm

Facilitator: ParentZone, Anglicare



## Setting Healthy Boundaries

This session targets parents/carers of school aged children.

Topics to be explored include:

- Creating and maintaining healthy boundaries using positive approaches
- Punishment vs Discipline
- Boundary setting at home

**Online Webinar**

**Wednesday 29 August**

6pm – 7:30m

Facilitator: ParentZone, Anglicare



To register or for more information, visit our website via the QR code or type the url provided

Have a question? Let's talk!  
email [youth@hume.vic.gov.au](mailto:youth@hume.vic.gov.au)  
or phone 9205 2556.



[www.hume.vic.gov.au/parent-carer-workshops](http://www.hume.vic.gov.au/parent-carer-workshops)

